Supplemental Table 1

Detailed Manipulation Check Results

	Positive (n = 46) M (SD)	Negative (n = 52) M (SD)	Neutral (n = 56) M (SD)	Test Statistic
Changes in PANAS Emotion Items				
Overall Negative Emotions	-1.76 (4.80)	4.43 (9.67)	-2.66 (4.63)	$F(2, 151) = 16.86$, $p < .001$, $\eta^2 = .18$
Distressed	-0.49 (0.73)[a]	0.86 (1.23)	-0.39 (0.83)[a]	$F(2, 151) = 31.65$, $p < .001$, $\eta^2 = .30$
Upset	-0.42 (0.99)[a]	0.97 (1.65)	-0.55 (0.68)[a]	$F(2, 151) = 26.86$, $p < .001$, $\eta^2 = .26$
Guilty	0.03 (1.06)	0.31 (1.36)	-0.32 (0.55)[a]	$F(2, 150) = 4.85$, $p = .009$, $\eta^2 = .06$
Scared	0.001 (0.83)	0.17 (1.17)	-0.15 (0.82)	$F(2, 151) = 1.53$, $p = .22$, $\eta^2 = .02$
Hostile	-0.36 (0.65)[a]	0.67 (1.53)	-0.32 (0.51)[a]	$F(2, 150) = 16.93$, $p < .001$, $\eta^2 = .18$
Irritable	-0.31 (0.85)[a]	0.48 (1.24)	-0.18 (0.87)[a]	$F(2, 150) = 8.89$, $p < .001$, $\eta^2 = .11$
Ashamed	-0.20 (0.97)[a]	0.58 (1.37)	-0.37 (0.71)[a]	$F(2, 151) = 12.18$, $p < .001$, $\eta^2 = .14$
Nervous	-0.003 (1.26)	0.15 (1.17)	-0.14 (0.87)	$F(2, 151) = 0.94$, $p = .39$, $\eta^2 = .01$
Jittery	-0.21 (0.96)[a]	0.37 (1.26)	-0.18 (0.88)[a]	$F(2, 151) = 5.05$, $p = .008$, $\eta^2 = .06$
Afraid	-0.02 (0.81)	0.11 (1.17)	-0.09 (0.78)	$F(2, 151) = 0.58$, $p = .56$, $\eta^2 = .01$
Overall Positive Emotions	6.52 (7.50)	-3.39 (6.26)	-2.21 (5.76)	$F(2, 151) = 33.51$, $p < .001$, $\eta^2 = .31$
Interested	0.62 (1.14)	-0.38 (1.19)[b]	-0.16 (0.73)[b]	$F(2, 151) = 12.49$, $p < .001$, $\eta^2 = .14$
Excited	1.06 (1.31)	-0.48 (1.04)[b]	-0.43 (0.94)[b]	$F(2, 151) = 30.69$, $p < .001$, $\eta^2 = .29$

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Strong	0.79 (1.35)	-0.28 (1.24) [b]	-0.39 (0.94) [b]	$F(2, 151) = 15.12, p < .001, \eta^2 = .17$
Enthusiastic	0.72 (1.43)	-0.65 (0.98) [b]	0.01 (1.12) [a, b]	$F(2, 151) = 16.66, p < .001, \eta^2 = .18$
Proud	1.32 (1.30)	-0.78 (1.26) [b]	-0.37 (1.03) [b]	$F(2, 150) = 42.07, p < .001, \eta^2 = .36$
Alert	0.07 (1.27)	0.03 (1.33)	-0.08 (1.13)	$F(2, 150) = 0..19, p = .83, \eta^2 = .002$
Inspired	1.25 (1.27)	-0.77 (0.82) [b]	-0.31 (1.06) [b]	$F(2, 151) = 48.21, p < .001, \eta^2 = .39$
Determined	0.42 (1.46)	-0.19 (1.51)	-0.17 (1.18)	$F(2, 151) = 3.09, p = .048, \eta^2 = .04$
Attentive	0.04 (1.48)	0.02 (1.15)	-0.05 (1.37)	$F(2, 151) = 0.94, p = .94, \eta^2 = .001$
Active	0.23 (1.12)	-0.15 (1.26)	-0.05 (1.14)	$F(2, 149) = 1.39, p = .25, \eta^2 = .02$
Dissociation	3.62 (6.94)	3.65 (4.69)	2.05 (4.33)	$F(2, 152) = 1.56, p = .21, \eta^2 = .02$
Emotional Disengagement				
I tried to hold back or suppress my emotional reactions.	2.81 (2.40)	3.17 (2.75)	1.55 (1.99)	$F(2, 152) = 6.84, p = .001, \eta^2 = .08$
I tried to think about the event depicted in the task in a way that would make me feel less distressed (e.g., reminding myself it was fake).	2.72 (2.68)	2.58 (2.44)	2.29 (2.69)	$F(2, 152) = 2.59, p = .68, \eta^2 = .01$
I distracted myself while listening to the tape recording (e.g., thoughts about other things).	0.66 (1.46)	1.00 (1.88)	1.11 (1.90)	$F(2, 151) = 0.87, p = .42, \eta^2 = .01$
I focused on the less emotional details of the tape recording or shifted my attention when I	1.60 (2.17)	1.81 (2.06)	1.20 (2.21)	$F(2, 152) = 1.13, p = .33, \eta^2 = .02$

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thought I might hear something
upsetting.

Note. PANAS = Positive and Negative Affect Schedule; [a] Significant difference compared to negative emotion induction condition ($p < .05$); [b] Significant difference compared to positive emotion induction condition ($p < .05$)